



HEALTH & COMMUNITY
SERVICES DEPARTMENT

Children's Special Health Care Services (CSHCS) Newsletter – January 2023

CSHCS is a secondary insurance program designed to support children with eligible chronic health conditions and their families. CSHCS is also available for adults with cystic fibrosis, sickle cell disease, and certain bleeding disorders. Call the office for more information at 269-373-5015.

Mood Lifters Offers Online Palliative Care Support

In Michigan today, there are hundreds of children with medically complex conditions. Their lives involve multiple daily medications, complicated equipment to keep them stable, and many visits each month to doctors and therapists.

Parents and caregivers of these special needs kids expend incredible energy to keep things as good as possible. Time to care for themselves is hard to find. Stress builds over years. Anxiety and depression become common for these parents who cannot find the time or resources to get help for themselves.

The Mood Lifters 15-week program was modified to fill this need for these parents. Unlike traditional support groups, each one-hour, weekly group meeting teaches and reinforces evidence-based skills that help to improve coping and decrease stress. Groups are led by parents who have also walked in these shoes.

The first meeting will be on **Tuesday, January 17, 2023**, from **7:30pm-8:30pm**. To enroll, please visit: <https://moodlifters.corsizio.com/c/631f2a2ecb73c139a5f47bb1>

Health Insurance Marketplace

The 2023 Open Enrollment Period runs from **Tuesday, November 1, 2022**, through **Sunday, January 15, 2023**. Families may call the Health Insurance Marketplace at 1-800-318-2596 or visit online at: <https://www.healthcare.gov/>

For next month's Newsletter, please go to <https://www.kalcounty.com/hcs/mch/cshcs/newsletters.php> . If you have questions or concerns, please call the Family Phone Line at 1-800-359-3722 or the Kalamazoo CSHCS Program Representative, Heather, at 269-373-5015.

Virtual Parent Connect Call

The Family Center for Children and Youth with Special Health Care Needs (Family Center) is excited to offer a series of free virtual Parent Connect Calls monthly. The February call is scheduled for **Wednesday, February 8, 2023**, at **11:00am**. The topic for this call is "The Busy Family's Guide to School" presented by Nelida Garcia. Would you like to have the resources to better assist your child in navigating through school and life? To register, please visit:

<https://www.eventbrite.com/e/parent-connect-call-busy-families-guide-tickets-412871729457?aff=ebdsoporgprofile>



Kalamazoo Great Start Parent Coalition

Parent coalition meetings are opportunities for parents and caregivers to take-action on ways we can help support families in our community and use our influence to help shape early childhood initiatives. The meeting will take place on Zoom and last 1 hour. This month's meeting is **Tuesday, January 17, 2023**, at **1:30 pm and/or 6:00pm**. To sign up, please visit:

<https://www.kalamazoo greatstartcollaborative.org/blank>

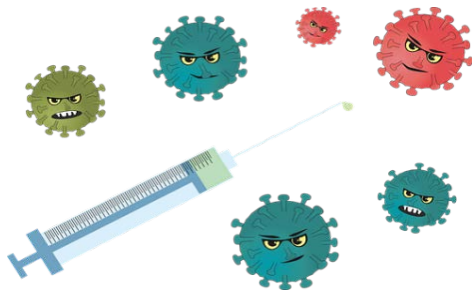
COVID-19: Vaccination Information

COVID-19 vaccines are offered at the Kalamazoo County Health & Community Services Department, 311 E. Alcott Street. There is no cost and no ID required. The HCS COVID-19 vaccine clinic is open **Monday through Thursday from 8:00am to 4:00pm (closed from 12:00-1:00pm)** and **Friday from 8:00am to 12:00pm** for ages 5 years and up. Please call for an appointment: 269-373-5203.

Kalamazoo County HCS Pediatric COVID-19 vaccines (6 months to 4 years) are scheduled by appointment only. Kalamazoo County HCS currently offers Pfizer for this age group. Please call 269-373-5203 to set an appointment. For more information, please visit:

<https://www.kalcounty.com/hcs/covid19.php>

CSHCS has been granted funds to assist CSHCS enrollees and their families as well as children with special needs in obtaining vaccinations of both COVID-19 and childhood immunizations. Please call **269-373-5010** if you are having difficulty in obtaining vaccines for your child or your family.



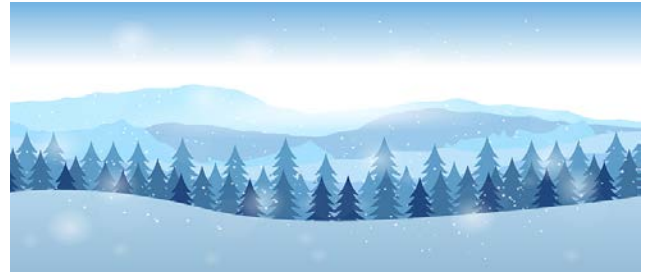
Flu Vaccine

Everyone 6 months of age and older should get a flu vaccine every season, especially people at high risk. This year, more than ever, it is important to get vaccinated to decrease the risk of serious disease from influenza and avoid the possibility of being infected by both influenza and COVID-19 at the same time. Kalamazoo County Health & Community Services is offering influenza vaccines. Call 269-373-5203 to schedule your appointment.

Kalamazoo County Health & Community Services is committed to providing equitable, culturally competent care to all individuals served, regardless of race, age, sex, color, national origin, religion, height, weight, marital status, political affiliation, sexual orientation, gender identity, or disability.

Mileage Reimbursement

CSHCS can help with your mileage reimbursement. The new rate for Non-Emergency Medical Transportation (NEMT) beginning January 1, 2023, is **\$0.655 a mile**. Please contact the Kalamazoo CSHCS Admin. Assistant, Melissa, at 269-373-5104, to request mileage reimbursement for an upcoming appointment.



January Health Awareness

Birth Defects Prevention Month -

<https://www.cdc.gov/ncbddd/birthdefects/awareness-month/index.html>

Cervical Health Awareness Month –

<https://www.cdc.gov/cancer/cervical/index.htm>

Glaucoma Awareness Month –

<https://www.nei.nih.gov/learn-about-eye-health/outreach-campaigns-and-resources/glaucoma-resources/glaucoma-awareness-month>

Mental Wellness Month –

<https://yourmentalhealthpal.com/celebrate-mental-wellness-month-in-january/>

National Blood Donor Month -

<https://americasblood.org/events/national-blood-donor-month-2023/>

Thyroid Awareness Month –

<https://www.mrmed.in/health-library/health-care/thyroid-awareness-month-january-2023>